

戦略的国際共同研究プログラム(SICORP)

日本－米国共同研究

終了報告書 概要

1. 研究課題名：「パンデミックによる社会的孤立のアクティブセンシングと個別化介入」
2. 研究期間：令和3年10月～令和7年3月
3. 主な参加研究者名：
 - 日本側チーム

	氏名	役職	所属	研究分担
研究代表者	東野 輝夫	教授	京都橘大学工学部	研究統括
主たる共同研究者	長原 一	教授	大阪大学データビリティフロンティア機構	センシング技術
主たる共同研究者	橋本 衛	教授	近畿大学医学部	社会的状態の推定
主たる共同研究者	権藤 恭之	教授	大阪大学大学院人間科学研究科	個別化介入とコミュニティ活性化
主たる共同研究者	池田 学	教授	大阪大学大学院医学系研究科	社会的状態の推定
研究期間中の全参加研究者数			21名	

米国側チーム

	氏名	役職	所属	研究分担
研究代表者	Insup Lee	Professor	University of Pennsylvania	米国側研究統括
主たる共同研究者	Oleg Sokolsky	Research Professor	University of Pennsylvania	センシング技術
主たる共同研究者	Geroge Demiris	Professor	University of Pennsylvania	個別化介入とコミュニティ活性化
研究参加者	James Weimer	Assistant Professor	Vanderbilt University	社会的状態の推定
研究期間中の全参加研究者数			13名	

4. 国際共同研究の概要

本国際共同研究では、高齢者の孤立・孤独の検知および社会的相互作用を促進する技術の実現に向け、情報学、看護学、老年精神医学、老年行動科学を専門とする日米の研究者が連携し、共通したセンシングシステム、アンケート、フィードバックシステムを開発した。また、日米の異なる居住環境で生活する高齢者を対象に、共通のシステムとプロトコルを用いた実証実験を実施し、長期間のデータ収集および分析を実施した。その結果、2台の人感センサと睡眠計測パッドによる **minimum sensor package** で両国の高齢者の孤独を検知し、フィードバックを行えることを確認し、その結果に基づくセンシングシステムを開発した。また、**UCLA** 孤独感尺度などをベースに、日米の高齢者の孤独感を奈良県生駒市やペンシルベニア州のコミュニティで調査・比較し、その結果に基づきコミュニティ向けの管理システムのプロトタイプを構築した。さらに、上記のデータを収集・分析するための統合プラットフォームを開発し、日米でデータを安全に共有するための仕組みを構築した。また、得られた知見と生成 AI 技術を併用して、孤独感を持つ高齢者とリアルタイムに

対話することができる AI チャットボットを開発した。開発した AI チャットボットでは、センシングデータなどに基づいたアドバイスが出来るように工夫すると共に、健康データなどの個人データが生成 AI の企業と共有しないようなプライバシー保護の仕組みを構築した。

5. 国際共同研究の成果

5-1 国際共同研究の学術成果および実施内容

本国際共同研究では、高齢者の孤立・孤独の検知および社会的相互作用を促進する技術の実現に向け、日米の研究者が協力し、センシングシステム、アンケート、データ収集プラットフォームを開発した。日本の奈良県鹿ノ台コミュニティおよび米国フィラデルフィアの高齢者コミュニティにおいて、同様のシステムおよびプロトコルにより、長期間のデータ収集と分析を行った。UCLA 孤独感尺度とセンサデータを用いて、UCLA 孤独感尺度を推定する機械学習モデルを構築し、2 台の人感センサと睡眠計測パッドによる **minimum sensor package** により、高齢者の孤独感を十分実用的な精度で検知するセンシングシステムを実現できた。また、個人のセンシングデータと孤独感の検知結果を基に生活状況を認識した上で応答を行う大規模言語モデルを活用した対話型 AI チャットボットを開発した。本研究の成果は、ACM/IEEE 14th International Conference on Cyber-Physical Systems (ICCP2023)、ACM CHI 2024 Conference on Human Factors in Computing Systems、IEEE 14th International Conference on Mobile Computing and Ubiquitous Network などの国際会議で発表している。また、論文誌 IEEE Access や ACM IMWUT などに関連成果を投稿している。

5-2 国際共同研究による相乗効果

本国際共同研究では、日米両国の研究者が隔週で合同ミーティングを行い、情報学、看護学、老年精神医学、老年行動科学の専門知識を活かし、共通のセンシングシステム、アンケート、情報収集プラットフォームを開発できた。これにより、異なる居住環境下でのデータ収集と比較が可能となり、高齢者の孤独感を検知するための **minimum sensor package** を開発できた。さらに、大規模言語モデルを活用した AI チャットボットの開発によって、高齢者の孤独感を緩和する新たな介入方法を構築している。特に、日米の若手研究者が両国の研究機関やコミュニティを相互に訪問したことで、技術的な課題解決と新たな研究アイデアの創出が促進された。本共同研究の開始時点では、COVID-19 の影響も強く、日本とアメリカという地理的に離れた研究機関の研究者が円滑に共同研究を進めるため、チームコミュニケーションツールやソフトウェア開発プラットフォームなどのオンラインツールの利用環境を整えたことが、同一のシステムやプラットフォームの開発、導入、データ分析、論文執筆に大きな助けとなった。また、研究期間中に開催した NSF-JST ワークショップでの研究発表や、国際会議での共同発表を通じて、研究成果を広く発信するとともに、他の研究者からの有益なフィードバックを得ることができた。これらの相乗効果により、研究の質が向上し、国際的な知見の共有と展開が促進された。

5-3 国際共同研究成果の波及効果と今後の展望

本国際共同研究の成果として、2 台の人感センサと睡眠パッド、ゲートウェイという **minimum sensor package** により、高齢者の孤独感を実用可能な精度で推定可能なモデルを構築できた。これらの成果をベースに機能拡張や有用性の検証を行っていくことで、社会実装として実運用が行えるようになってきている。本研究期間中は、大都市でない地方において実験を行ったが、社会的孤立・孤独感の影響は大都市と地方でも変わってくるのが知られており、居住形態や生活習慣、住居周辺の環境、コミュニティの活発度などの影響も考えられる。本研究成果をベースに、大都市の自治体にも働きかけを行い、多様な地域で **minimum sensor package** の展開、および、データ収集を行っていきたい。本研究において、**minimum sensor package** として、人感センサと睡眠パッドが残ることとなったが、実運用を考えると、孤独感の可視化以外にも、ヒートショックの注意喚起などもセンサベ

ースで行って欲しいとの意見をコミュニティより頂いた。また、本研究では単一のセンシング機能を持つ市販のセンサを複数利用した。今後より広範囲に展開していくことを想定した場合、高齢者の見守りに特化した多機能センサデバイスを、デバイス分野の研究者やメーカーと協力して開発し、そのデバイスを利用したサービスの展開を行っていきたい。また、スタートアップ企業、もしくは、社団法人の設立などを行い、サービスの提供や、地域コミュニティへの啓発・人材育成を行い、本研究の成果を社会に広く波及させていきたいと考えている。

Strategic International Collaborative Research Program (SICORP)
Japan – US Joint Research Program
Executive Summary of Final Report

1. Project title : 「Active sensing and personalized interventions for pandemic-induced social isolation」
2. Research period : October 2021 ~ March 2025
3. Main participants :

Japan-side

	Name	Title	Affiliation	Role in the research project
PI	Teruo Higashino	Professor	Faculty of Engineering, Kyoto Tachibana University	Research Coordination
Co-PI	Hajime Nagahara	Professor	Institute for Dataability Frontier, Osaka University	Sensing Technology
Co-PI	Mamoru Hashimoto	Professor	Faculty of Medicine, Kindai University	Social State Estimation
Collaborator	Yasuyuki Gondo	Professor	Graduate School of Human Sciences, Osaka University	Personalized Intervention and Community Activation
Collaborator	Manabu Ikeda	Professor	Graduate School of Medicine, Osaka University	Social State Estimation
Total number of participants throughout the research period:				21

US-side

	Name	Title	Affiliation	Role in the research project
PI	Insup Lee	Professor	University of Pennsylvania	Research Coordination
Co-PI	Oleg Sokolsky	Research Professor	University of Pennsylvania	Sensing Technology
Co-PI	Geroge Demiris	Professor	University of Pennsylvania	Personalized Intervention and Community Activation
Collaborator	James Weimer	Assistant Professor	Vanderbilt University	Social State Estimation
Total number of participants throughout the research period:				13

4. Summary of the international joint research

In this international collaborative study, Japanese and US experts in informatics, nursing, geriatric psychiatry, and geriatric behavioral science collaborated to develop a common sensing system, questionnaire, and feedback system to realize technologies detecting social isolation and loneliness and promoting social interaction among older adults. We tested the common system and protocols for older adults living in different residential environments in Japan and the USA, and we collected and analyzed the long-term data. As a result, we confirmed that two motion sensors and a sleep measurement pad as a minimum sensor package could detect the loneliness of older adults and provide feedback to them in both countries. In addition, we investigated the loneliness of older adults in Ikoma City, Nara Prefecture, and Pennsylvania based on the LSNS Isolation Scale and the UCLA Loneliness

Scale and compared the communities between Japan and the USA. We developed a prototype of a management system for the communities based on the results.

Furthermore, we developed an integrated platform for collecting and analyzing the data and established a mechanism for securely sharing the data between Japan and the US. We have developed an AI chatbot using LLM that can interact in real-time with older adults based on the sense of loneliness, and we are currently improving its functionality. The AI chatbot provides advice utilizing LLM knowledge but ensures that users' privacy, such as health data, is not shared with the LLM provider.

5. Outcomes of the international joint research

5-1 Scientific outputs and implemented activities of the joint research

In this international joint research project, Japanese and U.S. researchers collaborated to develop an integrated system combining sensing technology, questionnaires, and a data collection platform to detect loneliness among older adults and promote social interaction. We collected and analyzed the extensive data from two sites - the Shikanodai community in Nara, Japan, and an older adult community in Philadelphia, U.S. - using standardized systems and protocols. The research team successfully constructed a machine learning model to estimate UCLA loneliness scale scores using sensor data, achieving practically sufficient accuracy with a minimal sensor package consisting of two motion sensors and a sleep measurement pad. We have developed an interactive AI chatbot powered by a large language model that provides contextually appropriate responses based on individual sensing data and loneliness detection results. We are currently improving its functionality.

We presented the results of this research at international conferences such as ACM/IEEE 14th International Conference on Cyber-Physical Systems (ICCP2023), ACM CHI 2024 Conference on Human Factors in Computing Systems, IEEE 14th International Conference on Mobile Computing and Ubiquitous Networks. We have also submitted relevant results to the journals IEEE Access and ACM IMWUT.

5-2 Synergistic effects of the joint research

In this international joint research, we had bi-weekly meetings. We developed a common sensing system, questionnaire, and information collection platform by leveraging their informatics, nursing, geriatric psychiatry, and geriatric behavioral science expertise. In particular, the young researchers from Japan and the U.S. team visited each other's institutions and older adults' communities. They facilitated the resolution of technical issues and the creation of new research ideas. These collaborations enhanced the research quality and accelerated international exchange and research development.

This teamwork enabled data collection and comparison in different residential settings and developing a minimum sensor package for detecting loneliness in older adults. Furthermore, we have constructed a new intervention method, an AI chatbot using LLM to alleviate older adults' loneliness, and we are currently improving its functionality. We widely disseminated the research project outcomes and collaboration through NSF-JST workshops and international conferences.

5-3 Scientific, industrial or societal impacts/effects of the outputs

As a result of this international joint research, we constructed a model that can estimate the loneliness of older adults with practical accuracy using a minimum sensor package consisting of two motion sensors, a sleep sensor mat, and a home gateway. We plan to expand the functionality and evaluate the system's usefulness as we roll it out in community settings. We carried out the data collection and analysis on the non-urban area. The issues of social isolation and loneliness are different in the living area, residential patterns, lifestyles, neighborhood conditions, community activity, etc. We should also investigate these varieties and encourage local governments in urban areas to deploy the minimum sensor package and collect data in various areas. The minimum sensor package will maintain its current configuration. Still, community feedback indicated that they would like to see the sensor-based system not only visualize loneliness but also alert them to heat shock, etc.

While our research utilized single-function commercial sensors, we aim to collaborate with hardware researchers and manufacturers to develop specialized multifunctional sensors to monitor older adults. These enhanced devices will enable broader deployment and new service offerings. We would also like to establish a start-up company or an incorporated association to provide services, raise awareness and develop human resources in the local community, and spread our research results more widely in society.

国際共同研究における主要な研究成果リスト

論文発表等

*原著論文 (相手側研究チームとの共著論文) 発表件数 : 計 4 件

・査読有り : 発表件数 : 計 4 件

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・査読無し : 発表件数 : 計 0 件

該当なし

*原著論文 (相手側研究チームを含まない日本側研究チームの論文) : 発表件数 : 計 59 件

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・査読無し：発表件数：計 0 件

該当なし

*その他の著作物（相手側研究チームとの共著総説、書籍など）：発表件数：計 0 件

該当なし

*その他の著作物（相手側研究チームを含まない日本側研究チームの総説、書籍など）：発表件数：計 8 件

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2. 学会発表

*口頭発表（相手側研究チームとの連名発表）

発表件数：計 4 件（うち招待講演：0 件）

*口頭発表（相手側研究チームを含まない日本側研究チームの発表）

発表件数：計 45 件（うち招待講演：11 件）

*ポスター発表（相手側研究チームとの連名発表）

発表件数：計 0 件

*ポスター発表（相手側研究チームを含まない日本側研究チームの発表）

発表件数：計 12 件

3. 主催したワークショップ・セミナー・シンポジウム等の開催

1. JST SICORP 高齢者の孤立の検知と改善に関する日米会議 主催者：東野輝夫（京都橘大・教授）、Insup Lee(ペンシルベニア大・教授)、国際交流会館、京都府、日本、2023年11月28日～12月1日、参加人数12名
2. NSF-JST Workshop on “Secure and Resilient Smart Living CPS、主催者：東野輝夫（京都橘大・教授）、大阪国際会議場、大阪府、日本、2024年7月2日～3日、参加人数30名

4. 研究交流の実績（主要な実績）

【合同ミーティング】

1. 両国のチームメンバーを交えて Zoom ミーティングを隔週で、開発 MTG を不定期に開催した。（合計 67 回実施）

【学生・研究者の派遣、受入】

1. 2023年1月、2023年3月、2024年1月：日本から若手研究者2名を、1週間程度相手研究機関に派遣し、技術交流、共同開発、コミュニティへのヒアリングを行った。
2. 2023年11月、2023年12月、2024年3月：相手国側博士学生をそれぞれ1名ずつ日本側研究機関で10日ほど受け入れた。
3. 2024年12月：相手国側博士学生を1名日本側研究機関で2週間ほど受け入れた。

5. 特許出願

研究期間累積出願件数：0 件

6. 受賞・新聞報道等

7. その他

【市民向けアウトリーチ活動】

2023年2月27日、2023年3月24日：医学的/工学的観点に基づく孤立等検知という題目で、COVID-19を踏まえ、医学的観点から、認知症、孤独、孤立の関係について、また、工学的観点から、孤独・孤立検知の重要性について、地域の高齢者に向けて講演会を開催した。（70名参加）